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A TOUR DE FORCE

"May the fourth be with you." That phrase was heard around the world on Sunday, as May 4 has come to mark what many refer to as Star Wars Day — a fan-inspired occasion to celebrate the cultural impact of the Star Wars films. Whether fans are improperly quoting Darth Vader or particularly fond of Ewoks, Hilary Hlagy, an employee at Saskatoon's 8th Street Books & Comics, says the movie series has lines that they and almost anyone would recognize. MORGAN MODJESKI/METRO

Grass fire battle made tougher by wet weather

Stonebridge. Despite the soggy conditions, firefighting operation went smoothly and no damage or injuries were reported

MORGAN MODJESKI
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Saskatoon firefighters found wet conditions difficult for battling a blaze stretching across 30 acres of grass this past weekend.

Crews were called to a field south of the city's Stonebridge area on Saturday about 1:20 p.m., and struggled with the fire for about three hours before getting it under control.

"We had wet areas, lots of sloughs and … it was very hard for the apparatus to get around," Brent Hart, battalion chief with the Saskatoon Fire Department, told Metro on Sunday.

"If the ground is dry, that's one thing. But when it's soft — because the vehicles do carry water, therefore it makes them heavier — it's easier to get them stuck."

The blaze was described by Hart as one of the largest of the 12 grass fires in the Saskatoon area so far this season.

Despite the mucky conditions, Hart said the operations went smoothly. No one was injured and no damage was reported. The cause of the fire has yet to be determined.

Even when soil is saturated, Hart noted, vegetation on top could be prone to burning. And it doesn't take much to ignite it.

"If you don't have a purpose for being in a field with your vehicle, don't be there," he said, pointing out that a cigarette butt or even hot exhaust could spark a blaze.

Bedrock Bobcatting Services employee Jon Dueck witnessed the fire, but said he wasn't worried about the nearby shop.

"It's so wet out here that when I heard there was a fire, it wasn't even a concern for me."

Quoted

"If the ground is dry, that's one thing. But when it's soft ... it's easier to get (the vehicles) stuck."

Brent Hart, battalion chief with the Saskatoon Fire Department

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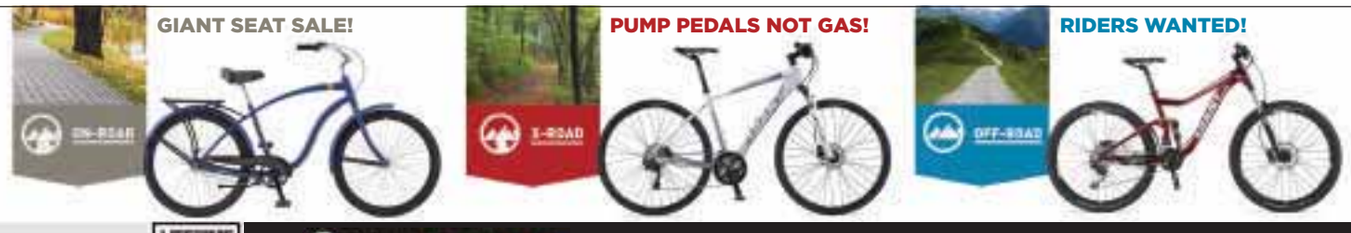

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NEWS 1

Charity

Food Bank drive expected to match donations from last year

The Saskatoon Food Bank and Learning Centre says its latest citywide food drive is a success, and is expected to match the 75,000 pounds collected last year.

"Every year we're absolutely amazed at the support that the people in Saskatoon give to the Food Bank," said Deborah Hamp, director of operations and engagement.

With donations dropped off or delivered to nine trucks and trailers throughout Saskatoon, most were nearing capacity this past weekend — including two of three 53-foot trailers, which are new to the campaign.

"To have those big trailers filled is quite an accomplishment," Hamp said.

The annual event is crucial for the organization, as donations tend to drop outside of the holidays. Hamp said the food bank wouldn't likely be able to provide its services without the spring push.

"The support from the city and people in Saskatoon really helps us make it through those summer months," she added.

With requests for about 12,000 food baskets every month, almost half of them are on behalf of a child.

"The summer months are difficult because children aren't in school and they aren't able to access school lunch programs," Hamp explained.

Final tallies for the drive are anticipated by Monday afternoon.

MORGAN MODJESKI/METRO

Const. Ben White of the Saskatoon police public safety unit is seen with Shelley Ballard-McKinlay, vice-president and communications director with Saskatoon Search and Rescue (SSAR), on Sunday. Police and SSAR teamed up for an exercise in navigation and search-and-rescue techniques. MORGAN MODJESKI/METRO

Search-and-rescue drills offer refresher for police

Old school. Public safety unit goes back to basics with compass and map navigation

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Police and volunteers in Saskatoon took navigation back to square one on Sunday as part of a joint training exercise.

Converging at the city police firing range, about 25 members of the force's public safety unit went through a refresher course in mapping co-ordinates, reading compasses and using a professional grade global positioning system with Saskatoon Search and Rescue (SSAR).

Const. Ben White said such skills are important for officers in case electronic tools fail in the field.

"A GPS is a great piece of equipment," White said.

"Unfortunately, it takes batteries and sometimes batteries will die and not work, or your GPS gets broken."

During searches, officers might need to call in emergency personnel or tell others where items have been found. If they're without a working GPS, they have to rely on their mapping skills.

Shelley Ballard-McKinlay, vice-president with SSAR, said the officers were refreshed in everything from plotting co-ordinates to lost-person behaviour traits. She wants the exercise to lead to smooth operations during real rescues.

"We're trying to work together," Ballard-McKinlay said.

"So when we do come across a real situation, we're already familiar with each other and how the different groups work."

At the range, officers were tasked with tracking and following a specific set of points established by SSAR. A larger version of the exercise near Aberdeen was scheduled for later in the day.

Team effort

"We're trying to work together so when we do come across a real situation, we're already familiar with each other and how the different groups work."

Shelley Ballard-McKinlay, vice-president, Saskatoon Search and Rescue
on SSAR working with police to be effective in action

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Minor political parties in Sask. turn attention to 2016 election

Looking ahead.
Smaller parties aim for a breakthrough

MARCO VIGLIOTTI
Metro in Regina

The next Saskatchewan election isn't expected until the spring of 2016, but political parties have begun laying the groundwork for the campaign — including a handful of smaller ones aiming for a breakthrough.

The Green Party of Saskatchewan — which joined the governing Saskatchewan Party and opposition New Democrats as the only parties to run full slates of candidates in the last provincial election in 2011 — spent most of its annual convention on Saturday in Regina focusing on the upcoming race.

"We have people nominated. We're planning campaign training schools," Victor Lau, who was re-elected to a four-year term as party leader at the convention, told Metro.

"It's never happened in our history, so that's exciting."

Lau accuses the Saskatchewan Party government of failing to make the environment a priority during its time in office, despite the importance of natural resource extraction in the province's economy.

The Greens are not the only party without representation at the legislature beginning preparations for 2016.

The Progressive Conservative Party of Saskatchewan, which fielded only five candidates in the last election, recently announced that it has hired its first executive director since 1997.

According to the PC Party website, the move was prompted by a successful bid to win control of its $3-million trust fund that was at the centre of a long-running court dispute.

"The PC Party can begin using the returns from the Trust Fund … (to help) the PC Party of Saskatchewan rejuvenate itself so that we can once more challenge for government," Leader Rick Swenson says on the website.

Darrin Lamoureux, interim leader of the Saskatchewan Liberal Party, meanwhile, hosted an outreach breakfast on Saturday in Regina as part of a cross-province blitz to solidify support in advance of the election.

Green Party Leader Victor Lau
MARCO VIGLIOTTI/METRO FILE

Heroes welcome

They can be heroes, even just for one day. And several visitors to Fan Expo Regina on Sunday did just that, getting into character as The Hulk, Iron Man, Captain America, Black Widow, Thor and other members of the Marvel Comics superhero team The Avengers at Evraz Place. More than 7,500 people are estimated to have paid $20 for one day, or $30 for a two-day pass, to take in the pop-culture, comics, gaming and science-fiction fair this past weekend in the Queen City.

ROSS ROMANIUK/METRO

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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SHOPPERS DRUG MART

Young blood, literally. Vitality of older mice improved after injections

Researchers found aging mice injected with blood from younger mice showed greater strength. GETTY IMAGES FILE

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people. In the meantime, scientists have a warning.

"Don't try this at home," said Saul Villeda of the University of California, San Francisco, an author of one of three papers published online Sunday by the journals Nature Medicine and Science.

He worked with mice that were roughly the equivalent of people in their 20s and 60s. Researchers repeatedly injected the older mice with blood from either the younger animals or other aged mice. Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze. THE ASSOCIATED PRESS

Commemorating the Battle of the Atlantic

A member of the Canadian military plays the Last Post during the Battle of the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in Ottawa on Sunday. Veterans, current service men and women, politicians and dignitaries gathered to commemorate the 71st anniversary of the single longest battle of the Second World War. The Battle of the Atlantic began on Sept. 3, 1939, when the Montreal-bound passenger ship SS Athenia was sunk by a German submarine west of Ireland, killing 188 people, including four Canadians. FRED CHARTRAND/THE CANADIAN PRESS

Ruling. Expat Canucks win back right to vote

More than one million Canadians living abroad are now eligible to cast ballots in the next federal election after a court struck down a law stripping them of their voting rights.

While mass murderers have the right to vote, long-term expats "who care deeply about Canada" do not have the right, Ontario Superior Court Justice Michael Penny said in his decision.

Penny found part of the Canada Elections Act, which bars expatriates who have lived abroad for more than five years from voting, is unconstitutional.

"The (government) essentially argues that allowing non-residents to vote is unfair to resident Canadians because resident Canadians live here and are, on a day-to-day basis, subject to Canada's laws and live with the consequences of Parliament's decisions," Penny wrote.

"I do not find this argument persuasive." THE CANADIAN PRESS

Quoted

"This is not the lawmakers' decision to make — the Charter makes this decision for us."

Ontario Superior Court Justice Michael Penny

Public school system

'Diversity gap' between U.S. teachers, students

U.S. teachers are nowhere near as diverse as their students. Almost half the students attending public schools are minorities, yet fewer than 1 in 5 of their teachers is non-white.

New studies from the Center for American Progress and the National Education Association are calling attention to this "diversity gap" at elementary and secondary schools in the United States. The groups want more to be done to help teachers more accurately mirror the students in their classrooms.

According to a 2012 study by the National Center for Education Statistics, of the nearly 3.3 million teachers in U.S. public elementary and secondary schools, 82 per cent were white, 8 per cent were Hispanic, 7 per cent were black and 2 per cent were Asian.

Students are a different story. In 2003, minority students made up 41 per cent of the public school population. THE ASSOCIATED PRESS

Unsung hero of Heartbleed scare

Justin Bull. Self-described cybersecurity nut was the first to notice the CRA website's vulnerability

SAM SMITH
For Metro in Vancouver

You know that tax-deadline extension that finishes May 5 at midnight? You've got Justin Bull to thank for that.

The 23-year-old, Toronto-based self-described cybersecurity nut was the first to notice "Heartbleed" affecting the Canadian Revenue Agency (CRA), beating out their own cyber-security officers and potentially saving even more taxpayers from harm.

Bull's foresight and technical mind resulted in the five-day tax-deadline extension to May 5 at midnight, as well as the findings that 900 taxpayers' information was compromised.

Quoted

"I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Justin Bull, on his discovery that the CRA website was vulnerable to the Heartbleed bug

"I subscribe to a security mailing list, and on Monday, April 7 a bulletin was published about the massive Heartbleed problem," Bull said. "On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them and see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after the tax deadline extension was released.

A good thing, too, as Bull used the deadline to get his taxes in on time for the first time in years.

"I've had friends buy me a couple beers because of the extension as well," Bull said.

While Canadians across the country have Bull to thank for the reprieve, he is still unsettled by the scare.

Justin Bull CONTRIBUTED

"What's worrisome is (the hacker) found a way to potentially purge (the 900 accounts affected) from the system, which suggests to me he got in through an administrator account."

The response from the CRA has been less than comforting, Bull noted, as those compromised were only notified through mail, which takes much longer than a phone call, and left people unknowingly exposed for longer than needed.

Acrobats seriously injured in aerial stunt

Rhode Island.
Eight performers hanging by hair fall 12 metres, dancer below injured as well

In a cellphone photo provided by Tara Griggs, emergency workers tend to injured performers.
THE ASSOCIATED PRESS

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in Providence.

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang "like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

All the performers have been doing "some variation of this act for some time," Payne said, though he didn't know how long. The current incarnation of the act began in January with the launch of the show, he said.

Providence Public Safety Commissioner Steven Pare said officials and inspectors haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.
THE ASSOCIATED PRESS

Sao Paulo marches for Pride

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

Gene Robinson

First openly gay U.S. Episcopal bishop to divorce

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully accepted within the more than 70 million-member Anglican Communion. Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in 2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in The Daily Beast he owed a debt to Andrew "for standing by me through the challenges of the last decade."
THE ASSOCIATED PRESS

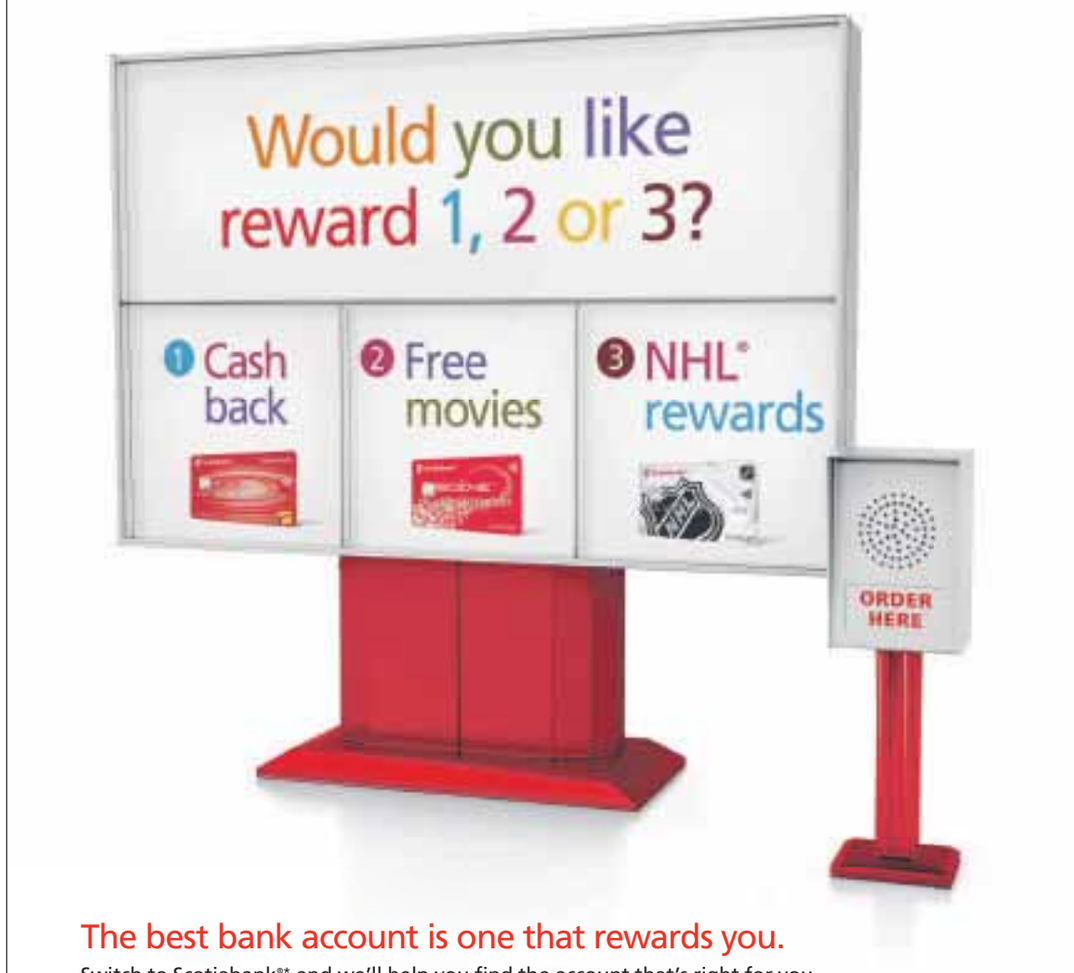
Unauthorized building

Bridge in south Chinese village collapses

A stone arch bridge under illegal construction in a village in southern China collapsed, killing 11 people and injuring several others, state media and an official said Sunday.

Rescuers pulled out 26 people, mostly construction workers, after the bridge came down Saturday afternoon in Liangkengkou village in Guangdong province, according to an official at the information office of Maoming city government.

Five of them were confirmed dead at the scene. Eight others were seriously injured, six of whom died later in the hospital, said the man, who refused to give his name, as is common with Chinese officials.
THE ASSOCIATED PRESS



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Activists free comrades jailed after violent rally in Ukraine

A man is greeted by supporters after being released from a local police station that was stormed by pro-Russian protesters in Odesa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Ukraine. Several people were jailed for involvement in violent clashes on Friday that killed 40

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Co-operation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday.

The interim government in Kyiv, which took power in February, has renewed its push in recent days to quell the pro-Russian insurgency in the east, where government buildings have been seized in more than a dozen cities and towns.

THE ASSOCIATED PRESS

Canada-Russia relations

Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern. Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

Recently, Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine. THE CANADIAN PRESS

Afghanistan. Country mourns hundreds of victims killed in landslide

As Afghans observed a day of mourning Sunday for the hundreds of people killed in a horrific landslide, authorities tried to help the 700 families displaced by the torrent of mud that swept through their village.

The families left their homes due to the threat of more landslides in the village of Abi Barik in Badakhshan province, Minister for Rural Rehabilitation Wais Ahmad Barmak said.

Another reason for the evacuation was the threat of flooding caused in part by the landslide itself, said Mohammad Daim Kakar, from the Afghanistan Natural Disaster Management Authority.

Engineers are working on a plan to divert the water, he said. Authorities still don't have an exact figure on how many people died in the landslide, Barmak said, and estimates have ranged from 250 to 2,700. THE ASSOCIATED PRESS

Afghans search for survivors buried after a massive landslide in Badakhshan province, northeastern Afghanistan. HOMAYOON RAHMANI/THE ASSOCIATED PRESS

Nigeria. President says 'everything must be done' to rescue kidnapped girls

Nigeria's President Goodluck Jonathan met through the night with security, school and state officials and issued a new directive that "everything must be done" to free the 276 girls held captive by Islamic extremists, an adviser said.

Nigerians' outrage at the failure to rescue the students and protest marches in major Nigerian cities have spurred Jonathan's government to action.

The police said last week that the actual number abducted had risen to more than 300 and that 276 remain in captivity. It said 53 of the students managed to escape their captors.

Anguished parents, who have lost confidence in the government and military, have asked for international help.

THE ASSOCIATED PRESS

Three killed, many wounded after bomb explosion in Nairobi

Three people were killed and at least 60 wounded when two homemade bombs exploded on buses along one of the busiest highways in the Kenyan capital, Nairobi, authorities said Sunday, as this East African nation struggles to stop a series of terrorist attacks.

Of the 60 wounded, 20 were in critical condition, according to the National Disaster Operations Center.

Sunday's blasts were on two buses packed with commuters along Thika Highway, said Moses Ombati, Nairobi's deputy police chief.

Eliud Lagat, deputy head of the bomb disposal unit, said the blasts were caused by improvised explosive devices.

The explosions come a day after two blasts at the Kenyan coast killed four people. Police said a grenade thrown at a bus stop in the coastal town of Mombasa killed the four. The second blast at a public beach did not cause any fatalities, police said.

Kenyan President Uhuru Kenyatta said Sunday that terrorists want to provoke a sectarian war.

"The terrorists would like a war of religion, bringing to an end our history of tolerance. This country will not allow it. The terrorists will be treated as the vicious criminals they are, and our tradition of easy co-existence will be maintained," Kenyatta said.

Kenya has been hit by a wave of gun and explosives attacks since it sent troops to neighbouring Somalia to fight the Islamic extremist rebels, al-Shabab, in 2011.

The Al-Qaida-linked militants have vowed to carry out terrorist attacks in Kenya to avenge the presence of Kenyan troops in Somalia.

THE ASSOCIATED PRESS

More than 100 injured

At least 19 killed in train derailment in western India

A passenger train derailed in western India on Sunday, killing at least 19 people and injuring more than 100, police said.

The engine and four of the 20 coaches jumped the tracks near Roha station, 110 kilometres (70 miles) south of Mumbai, said police officer Ankush Shinde. The rescuers used gas cutters to open the derailed coaches to reach those trapped inside.

Big cranes were deployed to remove these coaches from the rail track, Shinde said.

Two of the derailed coaches tilted on one side and one overturned, said railway spokesman Anil Kumar Saxena. The rescue operation was continuing and the death toll was expected to rise, Shinde said. Saxena said that 123 injured passengers, some of them in serious condition, were taken to a hospital.

Railway accidents are common in India, which has one of the world's largest train networks and serves 20 million passengers a day.

THE ASSOCIATED PRESS

About 2,000 including cops show up for #mansionparty

Totalling the damage. Eight windows broken, staircase railing ripped loose, holes punched in drywall, partygoers arrested after allegedly assaulting police

Police were called to 3 Stanley Carberry Cres. in Brampton, a suburb of Toronto, early Saturday to close down a massive party at a huge mansion under construction which saw around 2,000 people show up. Booze and beer bottles are strewn all over the property and windows broken all over the home. COLIN MCCONNELL/TORSTAR NEWS SERVICE

The next time Canice Ejoh hosts a party at his mother's house, he might want to make it invitation-only.

What was apparently intended as a big, but controllable, gathering in their spacious Brampton home near Toronto Friday night exploded thanks to online word-of-mouth, which turned it into a mini-rave that brought 2,000 unexpected visitors — including Peel police — and, for some, a spiral into house-wrecking and lawlessness.

"The whole mansion was jam-packed, over hundreds of people outside waiting in a line to get in," said Emmanuel Isaac, the DJ at the party. "(There were) people doing drugs inside, nowhere to move. People were legless drunk getting carried outside. It was a disaster, but a great party."

Damage to the house, which is under construction, was "substantial," according to Peel Constable Tom Ruttan. Some reports pegged the damage at $70,000.

The party was heavily touted on Twitter, with the hashtag #mansionparty spreading the word throughout Friday. Checks with party-goers and on Twitter confirmed the party was started by Canice Ejoh, a 17-year-old local baseball prospect.

Alistair Colville, 17, a friend of Ejoh's, said the party started out normally, but got out of hand rather quickly.

Police say Ejoh had his mother's permission for the party, but Colville noted only "around 200 to 300 people were kind of expected."

TORSTAR NEWS SERVICE

Iran

Two Spaniards caught with live alligator: Reports

Iran's official news agency is reporting that authorities have detained two Spaniards for alleged illegal hunting after they were found with a captured alligator.

The Sunday report by IRNA quotes Gholamhossein Kazemi, head of the environment department of southwestern Ilam province, as saying the two were detained during a midnight ambush.

Kazemi said both were handed to judicial authorities since they were trespassing in an area that bans hunting and had captured a live alligator. He did not identify them.

Their detention marks the first time Westerners have been held in Iran since moderate President Hassan Rouhani came to power in August. In the past, Iran repeatedly has detained Westerners on suspicion of being spies.

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Feeling like a twit for falling for Twitter?

HOW TO ROLL
Alison Griffiths
metronews.ca

Did Twitter lure you in, only to break your heart? GETTY IMAGES

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

Momentum stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

Growth stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

Value stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.

See that symbol? It means you can scan the photograph below with your Metro News app to see a photo gallery of what a luxury airline suite will look like.

Bed, bath and beyond for $21,000 ... one way

Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about $21,000 US from Abu Dhabi to London — one way. THE ASSOCIATED PRESS

Coca-Cola is taking brominated vegetable oil out of some Powerade drinks. THE ASSOCIATED PRESS FILE

Powerade now minus the brominated vegetable oil

Coca-Cola is dropping a controversial ingredient from its Powerade sports drink, after a similar move by PepsiCo's Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a Mississippi teenager, who questioned why it was being used in a drink marketed toward health-conscious athletes. The petition on Change.org noted that the ingredient is linked to a flame retardant and is not approved for use in Japan or the European Union.

In response to customer feedback, PepsiCo said last year it would drop the ingredient from Gatorade. At the time, Coca-Cola declined to say whether it would remove the ingredient from the two flavours of Powerade that contain it as well.

But this week, bottles of Powerade in fruit punch and strawberry lemonade flavours being sold in the Detroit, Michigan; Omaha, Nebraska, New York and Washington, D.C. areas no longer list the ingredient. Some bottles still list it, however, suggesting Coca-Cola Co. may have started phasing it out recently.

A representative for the Atlanta-based company confirmed Sunday that its Powerade brands are "BVO-free." THE ASSOCIATED PRESS

Fibre-optic networks

Phone and cable companies duke it out for customers

Armed with fast fibre-optic networks that can now reach millions of homes across the country, Canada's telephone companies have turned the tables on the cable companies.

They're reversing a trend that emerged about a decade ago when the big cable companies made a major push into residential phone service, taking a piece of what was once the telcos' sole domain.

Now the phone companies are fighting back as they replace more of their copper-wire infrastructure with high-speed fibre optics that deliver TV service comparable to what the cable guys can offer. THE CANADIAN PRESS

As BlackBerry fades

K-W aims to be Silicon Valley North

Ask city officials in Kitchener and Waterloo, Ont., where the future of Canada's technology sector lies, and they'll show you a map of Silicon Valley.

The bustling stretch between sunny San Francisco and San Jose — home to giants like Google and Apple — has become the template for a new vision of Ontario's technology sector, which is redefining itself in the wake of BlackBerry's massive layoffs.

Instead of going it solo, Waterloo organizers hope to mimic Silicon Valley by strengthening ties to tech organizations in Toronto.

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Saskatchewan Liquor and Gaming Authority - Liquor Permit

ADVERTISING FORM

Under the provisions of The Alcohol and Gaming Regulations, 1997 Notice is hereby given that **Saskatoon Coffee Ventrues Inc.** has applied to the Liquor and Gaming Authority for a Permit to sell alcohol in premises known as **Good Earth Coffeehouse** at **105 475 2nd Ave S, Saskatoon, SK** of which the following is a correct legal description: Block / Parcel W Plan No. 101856427 Surface Parcel 153940855 105 475 2nd Ave S, City of Saskatoon, Sk

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to: Saskatchewan Liquor and Gaming Authority Box 5054 Regina Sk S4P 3M3

Pursuant to Section 62 of The Act, the above advertisement shall be published once each week for two successive weeks, in a newspaper published in the municipality in which the proposed outlet is or is to be situated, or if no newspaper is published in the area, then in a newspaper published in Saskatchewan and circulating in the area.

A RARE THANKS FOR POLITICIANS

URBAN COMPASS

Christina Cherneskey
saskatoon@metronews.ca

There has been a bit of quiet speculation, now that we know Premier Brad Wall will have to do without Ken Krawetz and June Draude in the next provincial election. Both MLAs have nearly half a century of political savvy between them. It would appear that Saskatchewan's political landscape is slowly changing.

Krawetz changed the way politics are played in this province. In 1997, when he joined three other Liberals — including Draude — and four Progressive Conservatives to form the Saskatchewan Party, he was underrated by many. Including by former NDP premier Roy Romanow.

June Draude has also been a solid, stable member of the Saskatchewan Party, with a strong work ethic; she largely retains that reputation, even after the headlines made by this spring's expense scandal surrounding an overseas trip she made last year.

"Every organization needs continuous renewal," Krawetz said shortly after his recent announcement that he won't seek re-election when Saskatchewan voters go to the polls in April 2016.

"There comes a time in most everyone's career where you understand the role you have played and envision how a new generation can take over."

A recent online poll shows the Saskatchewan Party still has as much clout as it did when it won its landslide victory in 2011.

Quite frankly, there seems to be very little appetite for much change in Saskatchewan. People in this province appear mostly content that our government is steering us in the right direction.

However, a good government has a good opposition, as my father used to say. Successful businesses adhere to this concept and pay attention to their competition.

The last thing the Saskatchewan Party should do is become cocky. It would be well served to listen to the New Democrats on issues raised at the legislature.

Don't get blinded by the light

I sincerely hope that transparency remains a high priority. Far too often, we have seen politicians blinded by moments of victory.

As someone who has observed and communicated with politicians for a lifetime, I sincerely hope that transparency remains a high priority. Far too often, we have seen politicians blinded by moments of victory.

For politicians such as Krawetz and Draude, there should be gratitude. There are very few who can commit themselves to politics and walk away, for the most part, unscathed.

Any politician, no matter what the stripe, who has given of himself or herself for more than two decades, deserves recognition for that service.

Christina Cherneskey is news director at 620-CKRM in Regina.

ZOOM

Sea stars vanish into the sea

Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped. THE CANADIAN PRESS

Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly. THE CANADIAN PRESS

High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.
- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

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In this issue, you can find AR enhancements on page 8 in Business, page 10 in Scene and page 21 in Sports

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Worth mentioning. In dry times, California city mulls restarting its old desalination plant to suck up seawater

The seaside city of Santa Barbara thought it had the perfect solution the last time California withered in a severe drought more than two decades ago: Tap the ocean to turn salty seawater to fresh water.

The $34-million desalination plant was fired up for only three months and mothballed after a miracle soaking of rain.

As the state again grapples with historic dryness, the city nicknamed the "American Riviera" has its eye on restarting the idled facility to hedge against current and future droughts.

"We were so close to running out of water during the last drought. It was frightening," said Joshua Haggmark, interim water resources manager. "Desalination wasn't a crazy idea back then."

Joshua Haggmark, interim resources manager for Santa Barbara, Calif., stands next to a desalination plant. ALICIA CHANG/THE ASSOCIATED PRESS

Removing salt from ocean water is not a far-out idea, but it's no quick drought-relief option. It takes years of planning and overcoming red tape to launch a project.

Santa Barbara is uniquely positioned with a desalination plant in storage. But getting it humming again won't be as simple as flipping a switch.

After the plant was powered down in 1992, the city sold off parts to a Saudi Arabia company. The guts remain as a time capsule — a white elephant of sorts — walled off behind a gate near the Funk Zone, a corridor of art galleries, wineries and eateries tucked between the Pacific and U.S. 101.

The city estimates that it will need $20 million in technological upgrades, a cost likely to be borne by ratepayers. THE ASSOCIATED PRESS

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SCENE

Ebooks

Mom in the Movies

By. Richard Corliss

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

Box office

Spider-Man nets $92 million

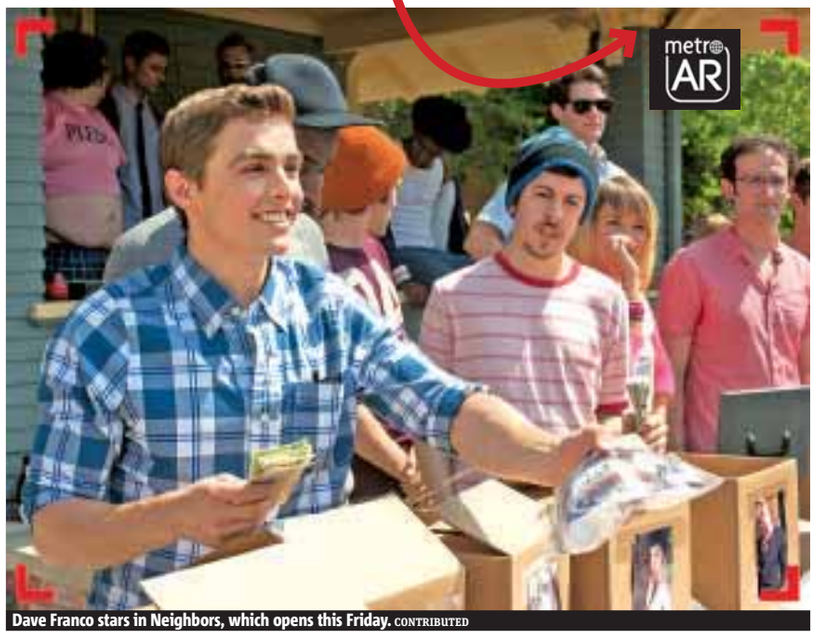
The Amazing Spider-Man 2 debuted with $92 million at the box office over the weekend, according to studio estimates Sunday. It was a solid opening for Sony's Columbia Pictures, which has released five movies about Marvel's web-slinging superhero in the last 14 years. Last week's No. 1 film, the female revenge comedy The Other Woman, slid to second with $14 million. THE ASSOCIATED PRESS

See that symbol? It means you can scan the photograph below with your Metro News app to see behind the scenes of Neighbors.

What's it like being chased by fan girls?

Neighbors. Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro

NED EHRBAR
Metro World News in Hollywood



Dave Franco stars in Neighbors, which opens this Friday. CONTRIBUTED

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for Neighbors tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went to talk fraternities, hazing and homoeroticism.

Animal House aside, you don't normally see frat guys depicted in a positive light.
What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

You were never in a frat, right?
I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie. For example, I remember at USC there were parties where they filled the entire house with foam, and you'd find people by the end of the night naked running around in the foam. I mean, it's disgusting. It's one of those things where I look back and I can't believe that I participated in any of it, but at the time it was incredible.

There are screaming fans everywhere here. In fact, we're doing this interview in the back of an SUV to avoid them. How do you get used to this?
To be honest, it's nice because Zac takes a lot of the attention (laughs). Whenever I'm travelling around with him, I'll let him take the lead and kind of distract everyone, and then I'll run out the back door. Like, no pun intended.

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Damon Albarn, the incognito pop star

Going solo. The man behind Gorillaz and Blur finds himself all alone in the spotlight for the first time

Damon Albarn performs during this year's SXSW Music Festival in Austin, Texas. Albarn's new album, Everyday Robots, was released this week. JACK PLUNKETT/INVISION/THE ASSOCIATED PRESS

Mention groups like Gorillaz and Blur to the average music fan and the names are immediately recognizable. Mention Damon Albarn, the man at the heart of those groups and several other successful collaborations, and there can be a bit of head-scratching.

Albarn acknowledges that he faces an identity problem as he releases his first proper solo album, Everyday Robots.

"People have to realize that it's actually me," Albarn said. "In America, if I took the number of people who were Gorillaz fans and actually converted them straight to Damon Albarn fans, I'd be guaranteed a No. 1 album in America, which would be very nice. But you can't guarantee things like that, at all. I mean round the world between Blur and Gorillaz, there's a (lot of fans). They obviously like me — but they don't necessarily know I'm me."

Everyday Robots is a chance for fans to get to know the 46-year-old British singer and multi-instrumentalist. The 12 tracks, loosely about the disconnection we face in the modern world, are as unfiltered as Albarn gets, full of the kind of personal observations, stories and thoughts that might usually receive a coat of paint in a group setting. "There's no embellishment at all," Albarn said.

The sessions for the new album grew out of the good feelings Albarn and friend and collaborator Richard Russell, CEO of XL Recordings, had left over after their The Bravest Man in the Universe collaboration with Bobby Womack. Albarn prefers to work in a collective, but Russell persuaded him it was time to do a solo album with some of Albarn's more melancholic material.

"We had a real esthetic that was working. It was like what do we do next?" Albarn asked. "Should we start a band? We even thought up a few names, but then we realized we're 44-year-old men at the time. Let's not try and start a new pop band. Maybe our time is over for that."

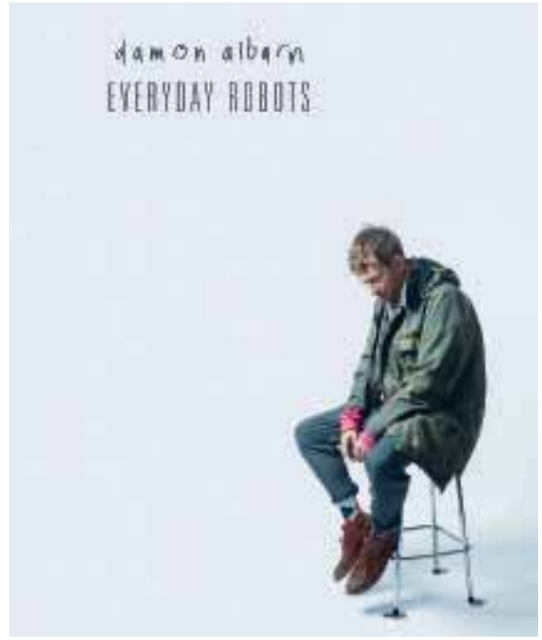
There's no age limit on creativity, though, and Albarn has managed to extend his career far beyond most of his contemporaries from the classic early 1990s British rock scene. He attributes his longevity to punching a clock every day at a building he owns in London where he has his own studio and administrative offices.

"I put it down to having a very good routine," Albarn said. "Five days a week, 10 till 5:30 — apart from school holidays."

He also has a sense of when to move on. He enjoyed a long world tour with his Blur bandmates last year, but knew it was time to take a long sabbatical from the band afterward. He suspects he'll soon feel that way about his latest project as well.

"I tend to get that way with everything," Albarn said. "I will take a sabbatical from myself for a while, no doubt, and go back to being someone else. This is the most fun thing to do, so I will continue being myself until it's no more fun. I haven't been myself for so long, it's novel."

THE ASSOCIATED PRESS



Quoted

"I mean 'round the world between Blur and Gorillaz, there's a (lot of fans). They obviously like me — but they don't necessarily know I'm me."

Damon Albarn,
on preforming as a solo musician under his own name

Bauer is back — this time on James Bond's turf

24: Live Another Day. Kiefer Sutherland reprises his role as the super agent in 12-episode miniseries

Jack Bauer is no James Bond.

He wears a sweat-stained T-shirt instead of a Tom Ford suit. There is no jazzy musical theme song when he walks in the door, just the ominous countdown of that thudding clock. And unlike the imperturbable Bond, Bauer seems perennially shaken, stirred and mightily pissed off, especially when it comes to terrorists.

In 24: Live Another Day, Canadian Kiefer Sutherland reprises his role as the bedraggled super agent. And this time he's working on Bond's turf; the action takes place in London. And the title, Live Another Day, echoes the Pierce Brosnan Bond of Die Another Day.

But this is not the London of postcards: There are few tourist shots of Big Ben or the Tower of London.

Nor is there a blow-dried Brosnan in sight. Much of it could have been shot in any industrial borough in the westernized world.

But it is a fitting backdrop to the older, wiser and now even more grizzled Bauer. The action takes place four years after the end of Season 8. Bauer is a fugitive wanted by both the American and Russian governments.

The American president is in London for high-level talks, and Bauer's former employer, the CTU (Counter Terrorist Unit), is hunting him.

As with prior 24 seasons, the two-hour premiere of the 12-episode miniseries (Monday at 8 p.m. on Global and Fox) mixes current events with flashpoint topics.

The script blends in the controversy over the use of drone warfare with shades of WikiLeaks and Edward Snowden.

TORSTAR NEWS SERVICE

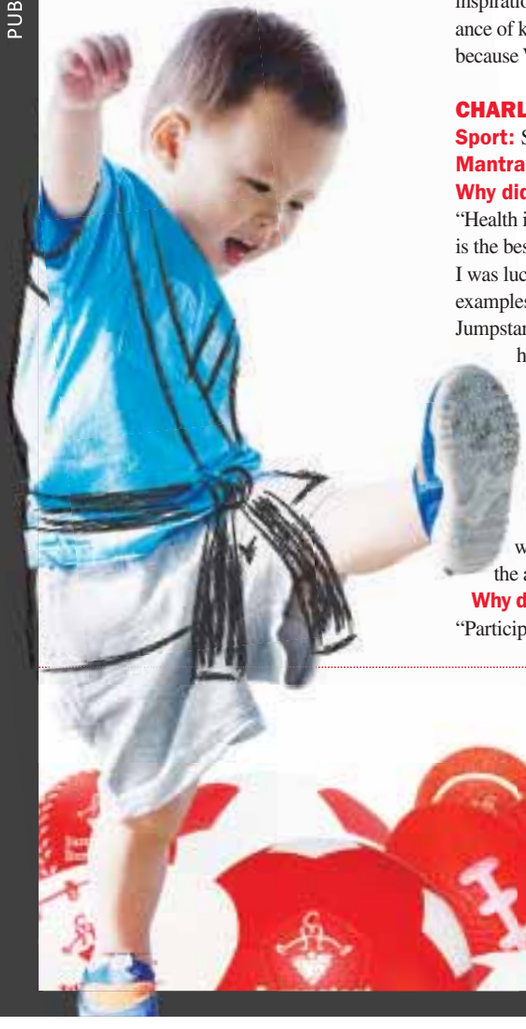
Jack Bauer is taking his smack-down ways to London. CONTRIBUTED

ATHLETES CHAMPION THE POWER OF PLAY

At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.



MARK MCMORRIS
Sport: Snowboard
Mantra: Give'r!
Why did you partner with Jumpstart?
"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."

metro AR **See that symbol? It means you can scan this photo of Mark McMorris with your Metro News app to see more.**

CHARLES HAMELIN
Sport: Speed skating
Mantra: Have fun doing it and play fair.
Why did you partner with Jumpstart?
"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

MAËLLE RICKER
Sport: Snowboard cross
Mantra: If plan A doesn't work, there are 25 other letters in the alphabet.
Why did you partner with Jumpstart?
"Participating in sport growing up impacted my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

ROSIE MACLENNAN
Sport: Trampoline
Mantra: As long as I breathe.
Why did you partner with Jumpstart?
"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

BENOÎT HUOT
Sport: Paralympic swimming
Mantra: Never give up on your dreams and make every day count.
Why did you partner with Jumpstart?
In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

JONATHAN TOEWS
Sport: Hockey
Why did you partner with Jumpstart?
"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

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KIDS IN SASKATOON LOVE HOCKEY

Winter in Saskatchewan just wouldn't be the same without hockey, especially for kids.

Between the friendships made, the discipline learned and the confidence gained, hockey, like many organized sports, plays an important role in the social development of kids. Unfortunately, one in three families can't afford to enrol their kids in organized sports, which means many kids are missing out on the chance to develop important life skills.

It was almost four years ago that Saskatoon Canadian Tire dealers Dave Deplaedt and Paul Cairns decided they wanted to help close this gap. Both Deplaedt and Cairns had been involved in Canadian Tire Jumpstart, and knew the charity could make an even bigger difference for kids in their community.

"With hockey playing such an important role in our country, our goal was to ensure that more young people could gain access and be involved in this sport," Deplaedt says. "With this thought in mind we were fortunate to be approached by a representative from a local community middle school hockey league who asked us to invest in and build a league around high school kids in our core city neighbourhoods. The opportunity was a perfect fit."

Former Canadian Tire manager Adam Ross worked with the local high school co-ordinators and organized the league, which is made up of five of the city's core high schools, and Canadian Tire Jumpstart contributed the funding for equipment, travel, ice time and referees. The league was a hit from the start.

"Each year we work with local school community co-ordinators to identify 100 deserving kids who qualify for the program," Deplaedt says. "We wanted to bring in kids who would not otherwise have the opportunity to be involved in organized hockey."

Now entering its fourth year, the Jumpstart Hockey League (JHL) attracts a multicultural group, including new Canadians and Aboriginal youth. Deplaedt also says that for these kids, the barriers are not only financial.

"Many of the kids in the program have never been on skates before, never mind played hockey," he says. "The kids also learn basic hockey skills and important social skills such as teamwork, discipline and confidence. The goal is for the program to impact them in a life-changing way and we have observed some great success stories."

The JHL season concludes with a tournament, which includes a guest speaker from the Western Hockey League Saskatoon Blades, who discuss and mentors them on the benefits of sports and school.

You can help local kids in Saskatoon get in the game by supporting the Jumpstart Red Ball campaign. Throughout May, head into your local Canadian Tire, Mark's, Sport Chek, Atmosphere or National Sports store and donate $2 in exchange for your own Jumpstart Red Ball, which represents the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.

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onate $2 in exchange for your own Jumpstart Red Ball.
start or call 1-877-616-6600.
help all kids play
Jumpstart

Simple DIY for Mother's Day

Style gurus Steven Sabados and Chris Hyndman think all moms deserve to be pampered. They've shared these easy, cost-effective DIY projects to help you celebrate your own mom this Mother's Day. For more ideas, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Tulip Bulbs in a Vase

This classic spring flower will brighten up any Mother's Day celebration. Try some simple but dynamic presentations, here and at right.

You'll need:
- Potted tulips
- Flat bottom vase
- Clear glass stones or beads

Instructions:
1. Extract tulips from their soil.
2. Shake them out and wash soil away in a bowl of water.
3. Handle roots carefully to keep them intact. If bulbs are discoloured, peel them back like an onion to reveal new skin.
4. Add stones to bottom of vase.
5. Delicately place bulbs inside vase, spreading the roots.
6. Once you have 2-3 bulbs in place, add a few stones to anchor bulb and roots.
7. Keep layering stones until they're almost covering the bulbs.
8. Add cold water for a beautiful tulip bulb display.

Bunching Tulips in a Leaf-Wrapped Vase

You'll need:
- Fresh tulips
- Standard tapered glass vase
- Monstera and banana Leaves

Instructions:
1. Line inside of vase with the monstera and banana leaves.
2. Trim stems of tulips to fit, creating two bunches.

Tip: Cut the ends on a slant and they'll absorb water better.

Tulip Flutes

You'll need:
- Fresh tulips
- Clear tall flute vase

Instructions:
1. Measure tulips by placing them next to a tall flute vase.
2. Trim accordingly to different heights.
3. Add cold water to the vase.
4. Strategically place three simple tulips in the flutes. Start with the shortest one and work to highest. Less is more; using three stems is what makes this arrangement sophisticated.

I (Heart) Travel DIY

This art project is a great way to say that your heart belongs to mom. Best of all, it will barely cost you a thing!

You'll need:
- A colourful map
- A shadow box (from an art supply store)
- Scissors
- Cellophane tape

Instructions:
1. Find an old map from a place you've travelled to together.
2. Cut out a heart shape sized to fit the frame you plan to use.
3. Carefully crumple the heart, then un-crumple (for added texture).
4. Secure the heart with a piece of tape to the back of the shadow box.

Mentoring him could be the start of something big
- like a rise in literacy

start something with a donation of time or money at bigbrothersbigsisters.ca

Big Brothers Big Sisters.ca

Ben Affleck

Ben Affleck caught cheating ... at blackjack

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life.

According to the Hollywood Reporter, the Argo actor (and future Batman) was in town with wife Jennifer Garner when he was approached by security for winning a little too often.

Nobody lost their cool, though. The hotel invited him to play a few other games and then ordered a car for him. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

The Reporter also mentioned that Affleck won a reported $800,000 US in 2001 playing the same game at the same casino.

METRO WORLD NEWS

Kerry Washington

It's a girl for Kerry Washington

Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly. Washington's publicist Amanda Silverman said no statement was available.

Washington is the Emmy-nominated star of the ABC series Scandal. The show's third season was cut short after the 37-year-old actress became pregnant.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

How many new Coldplay songs will it take to mend a broken heart?

STARGAZING
Malene Arpe
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that." Appropriate responses to this unsolicited information include: 1) Eww. 2) Blerg. 3) First-class cooties, amirite? 4) Gross. 5) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

Rumours persist that Rihanna and Katy Perry were observed dancing very, very close. Says a rep for the two, "Shut your titillating tantalizer, you fantasizing liar."

Johnny Weir

Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinksi, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-designed hat? "The golden hoof," she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of Celebrity Apprentice. In the ongoing divorce hearings, Voronov has claimed that Weir is worth $10 million, though Weir has refuted that. METRO WORLD NEWS

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Five more reasons we often find ourselves in Debt Hell

Debt's a losing game.
And you have to be prepared for those times in life when you may be dealt a bad hand

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend $600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

Gambling can put you on a slippery slope toward financial disaster. ISTOCK

We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste $5.

Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't destroy the other financially with silly shenanigans.

Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.

Got any wedding guest horror stories?

This author has more.
Jen Doll wants to save you from getting egg on your face at your friends' nuptials

Before you spend money on a dress you'll never wear again, before you scroll down a list of wedding registry gifts just looking for something in your price range — and most importantly, before you weed through your list of Facebook friends looking for someone hot enough you can ask to be your date without it being too weird — read these tips from Jen Doll, author of Save The Date.

She's been to more than her fair share of weddings, has seen it all and is here to save you from any wedding-guest mortification you are unknowingly setting yourself up for.

Don't make out with anyone related to the bride

"If you're single, you can flirt or make out with anyone you are attracted to who is also single ... as long as they aren't a relative of the bride," she says. Let Doll, who has seen her fair share of disastrous wedding hookups — and even had some of her own — save you from doing something you'll regret the next day. "The price of paying for it is too great with the awkwardness and potential apologies waiting to be made," she warns.

And that goes for the cater waiters too

Even if the hottest people at the reception at the ones keeping your wine glass full, Doll says it's best not to flirt with the wait staff. "They're there to serve you, so they have to be nice to you. It's a bit ungenerous to put them in that spot," she says. If it really seems like true love, Doll recommends exchanging digits and hanging out at a later date.

Don't do shots

The open bar isn't going to shut down, so there's no need to rush to the bar and start the day with tequila shots. When it comes to boozing it up at a wedding, take it slow. Doll has a whole section in her book devoted to the dangers of the open bar, so learn from her mistakes.

Don't bring a date just so you're not alone

There are definitely times when you should bring a date to a wedding, like when you're married or dating someone you like being around and who your friends like being around, too. But there are times when it's better to go solo, even when you'd rather not. "If you're going to be seeing a lot of old friends and it's like a reunion, it might be best to go alone," Doll explains. You don't want to be stuck explaining who every person you name-drop is to your date, who will probably be bored, anyway.

EMILY LAURENCE/METRO WORLD NEWS

Spending time at an overnight camp can help solidify life-changing processes for children. SHUTTERSTOCK

Wake up to a brand new experience

ASTRID VAN DEN BROEK
For Metro

Is this your child's first year at sleepaway camp?

While it may be harder on you as a parent than your child, here is how to prepare them for their time away.

Know it helps them

The Canadian Summer Camp Research Project was recently completed out of the University of Waterloo, which was a three-stage process that interviewed camp directors, children and parents to determine what benefits came from attending overnight camps.

"What they and I have found is that although a day camp has some of the same benefits, being away overnight really emphasizes those benefits to the youth," said Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association. "It helps solidify some of those life-changing decision-making processes. Even if it's just one week away in a community that's separate from their own community, it really causes a big change in kids."

Tip from mom

- "To prep our daughter for her first week at overnight camp, we read the materials about the camp together and had her help get everything ready," said Dana Dougherty Reinke, an Oakville, Ont., mom of three children. "And we talked about how proud we were that she was going."

Start slow if you need to

Many sleepaway camps start at the age of eight. "But some camps do a shorter overnight — so (try) a two-night, three-day one for younger kids to get them started," Dell'Anno said. "And some camps even do a family component where the family spends the weekend there. Often, if they are familiar with where they are going, it's not so scary to go away on their own."

Buddy up

"It's certainly easier on the kids if they go with a buddy," Dell'Anno said. "But I wouldn't say if you don't have a buddy don't go. Because sometimes when buddies are insisted on, they end up sick of each other by the end of the week."

Essentials to pack

Before you know it, your kids will be leaving for camp, and whether it's overnight or day, you are bound to wonder what they need in their bags.

Here are two camp packing lists from Care.com, the world's largest online destination for finding caregivers.

Overnight camp

- 8 pairs of shorts
- 3 pairs of pants
- 10 T-shirts/tank tops
- 2 long-sleeved T-shirts
- 14 pairs of socks
- 1 to 2 sweatshirts
- Rain coat
- 1 pair of sneakers
- Sandals (might need to be closed toe, check with the particular camp)
- Water shoes
- 2 to 3 swim suits
- 2 pool/beach cover-ups (optional)
- 2 to 3 sets of PJs — make sure one set has long sleeves and pants
- 16 pairs of underwear
- Twin sheets, comforter and extra wool blanket
- Sleeping bag (optional)

- Pillow/pillowcase
- 2 shower towels
- 2 beach/pool towels
- Toiletries (toothbrush, toothpaste, soap, shampoo, conditioner)
- Laundry bag
- Comb, brush, hair dryer, flat-iron, and any other hair products/accessories
- Clip-on electric fan (cabins have electric outlets for each camper)
- Flashlight with extra batteries
- Camera
- Bug spray
- Labeled water bottle
- Pre-addressed stamped envelopes
- Paper and extra stamps
- Pens and pencils
- Sunscreen
- 1 to 2 Hats
- Sunglasses
- iPod (if allowed)
- Books
- Journal (with hand-written notes from mom and dad)

- Sudoku or word game work books
- Special sporting equipment (if it's a sports-focused camp and you want your own gear)
- Hiking boots (if hikes are part of the experience)
- Comfort items (stuffed animal, special blanket, etc.)

Quantities can be adjusted depending on the length of the camp.

Day camp

- Extra clothes
- Extra shoes
- Water shoes
- Bathing suit
- Beach cover-up
- Towel
- Goggles
- Sunscreen
- Bug spray
- Hat
- Sweatshirt
- Sunglasses
- Lip balm with SPF
- Water bottle
- Lunch, if not provided

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.

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The camp gives youth ages 8 to 14 and opportunity to experience nature firsthand in activities that include canoeing, hiking, tenting, and campfire songs. Campers ages 8 to 14 have the opportunity for camping out on the shore of Blackstrap Lake. Blackstrap Youth Camp also has the facilities to provide campers with opportunities for indoor swimming, games and activities in an indoor gym, crafts, music, as well as opportunities for praise and worship in the camp chapel.

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www.blackstrapyouthcamp.org
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Started from the bottom, now she's here: From dumpster dives to a biz that thrives

All you Nasty Gals. Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA PARK
Metro World News

Amoruso paid tribute to her dumpster-diving days during a recent Nasty Gal photo shoot. INSTAGRAM / NASTYGAL

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a $100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

In addition to Subway sandwich artist, ID checker and CEO, Amoruso can now add author to her resumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?
If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to the top — but not in an organization run by men.

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

You don't give steps or a plan to readers on how to be successful. Why is that?
I can just share my experience and I want people to learn from that. You can learn from other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge you. If you fail, then you make the choice on whether or not you'll try again.

What do you want to accomplish with your book?
The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day that benefits them. I don't care if I'm recognized for it or if they even recognize that they learned something because they read my book.

Why did you want to write #GIRLBOSS?
There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

Do you have any tips for young women who feel directionless and don't know what they want to do yet?
You just have to keep trying things. I knew I wanted to be good at something. I thought I was going to be a photographer. Had I tried to control that too much and said, "Screw this eBay thing," I don't know if I would have fulfilled any level of a dream. I don't know if I would have been a successful photographer or done what I did with Nasty Gal. I was open to seeing where life took me.

What was the best advice you ever got?
I had a friend in high school and this always stuck with me. My friend said, "I change what I can at arm's reach." That's what a book is. That's what putting clothes on girls that feel really good about themselves after they put it on is. When you live your life and treat people with respect and work hard and play by the rules — which I only learned from trial and error — it can create really great things.

Do you think it was to your advantage that you never had too much direction from professional mentors?
Some advice I take and half of it I throw away. This caused me a lot of problems as a kid, but I've never taken what people with more experience than me say at face value, which could be seen as disrespectful, but I see it as a healthy discourse. It's important to weigh your gut feelings with practical advice you're being given and decide. There's a lot to learn from what other people have done, but there's also a lot to doing things your own way.

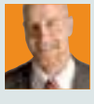
Do you regret living the wild life when you were hitchhiking and shoplifting?
That phase was pretty short. I think I learned a lot from it. You learn a lot about people and what not to do by doing stupid stuff like that, and unfortunately I think I was naïve enough to have to learn about the world by putting myself in situations like that. I actually had to get to who I am now by removing every other option.

Nuts to male dominance

"I'm not going to deny that's something that exists for many women and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you."
Sophia Amoruso, CEO of Nasty Gal on male dominance in the workforce

'Round the world wisdom

Cement new habits by making them extra sticky



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical.

Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

They say that preparation is half the battle. In my experience, it is even more. Completing three multi-day desert ultra-marathons was certainly a challenge, but it wasn't anywhere near as demanding as completing the training. Although

Remind yourself along the way that your goal is worth reaching. ISTOCK

I was committed to my goal, I needed a strategy to anchor new daily training habits and to keep myself focused when I was aching, confronted with other priorities, out of time, facing bad weather, or simply didn't feel like it.

Early on, I developed tactics like leaving my running shoes next to my bed exactly where my feet would touch the floor when I woke up, or even going to bed wearing my running gear at times. Day to day, I created small reminders to think proactively about the training, such as writing "Gobi" on the bathroom mirror, along with adding recurring "Gobi" reminders to my calendar. I also found an experienced runner who agreed to be my accountability coach to whom I reported myself weekly with progress. Essentially, I had set up a defence perimeter to catch myself before reverting to old habits, while trying to rapidly create new ones.

Although it can take as little as 21 days to create a new habit, the old ones we have are so deeply ingrained that changing them isn't so simple.

As they are borne out of automatisms, the difficulty is often staying the course in the early days long enough to get to that point where the new habit sticks. In order to make it "sticky," it is best to create strategies to help stay the course until we naturally derive more benefits from the new habit than challenges associated with changing the old one. Only then can our intentions become cemented into new habits.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD
From your fridge to your table in 30 minutes or less

Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink. If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, swordfish or halibut.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.

Nutritional information

Per serving

- **Calories.** 241
- **Carbohydrates.** 4.2 g
- **Fibre.** 1 g
- **Protein.** 36.8 g
- **Total fat.** 7.8 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 74 mg
- **Sodium.** 258 mg

Ingredients

Salsa
- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

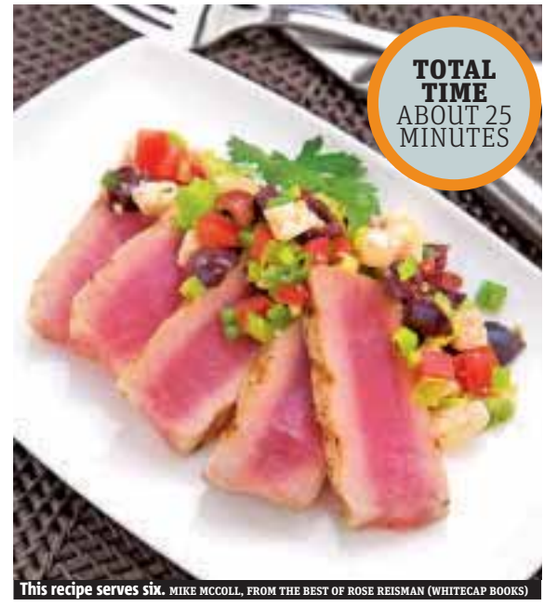
Tuna
- 6 tuna fillets (about 6 oz each)

Garnish
- 1/4 cup chopped fresh basil

Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

You say 'potato', I say 'fingerling'

Potatoes are a staple in many homes as a vegetable accompaniment, but next time try this fingerling variety.

I've been enjoying experimenting with them lately in my cooking. They're small but long, have a golden flesh and are just delicious when roasted. Use small red or white roasting potatoes if you cannot find fingerling.

When it comes to seasoning, sea salt and table salt have the same nutritional value. However, fine sea salt tastes saltier than table salt, and therefore you are able to use less of it.

This side dish can be prepared early in the day and reheated in a 300 F oven for 20 minutes.

This recipe serves six to eight. ROSE REISMAN

Ingredients

- 2 lb fingerling or small roasting potatoes
- 2 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- 1 1/2 tbsp chopped fresh rosemary (optional)
- 1/2 tsp sea salt
- Pinch of coarsely ground pepper
- 3 tbsp chopped parsley

1. Boil the fingerling potatoes for 8 minutes just until they are just fork tender. Rinse them with cold water then slice in half lengthwise. Place in them into a bowl.

2. Add the oil, cheese, rosemary, salt and pepper. Place the potatoes on baking sheet lined with foil and sprayed with vegetable oil. Bake for 20 minutes, turning after 15 minutes, just until slightly golden. Garnish with chopped parsley.

ROSE REISMAN

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UNDERSTANDING MENTAL ILLNESS

ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly $50 billion per year. The most common problems are depression and anxiety with eight per cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

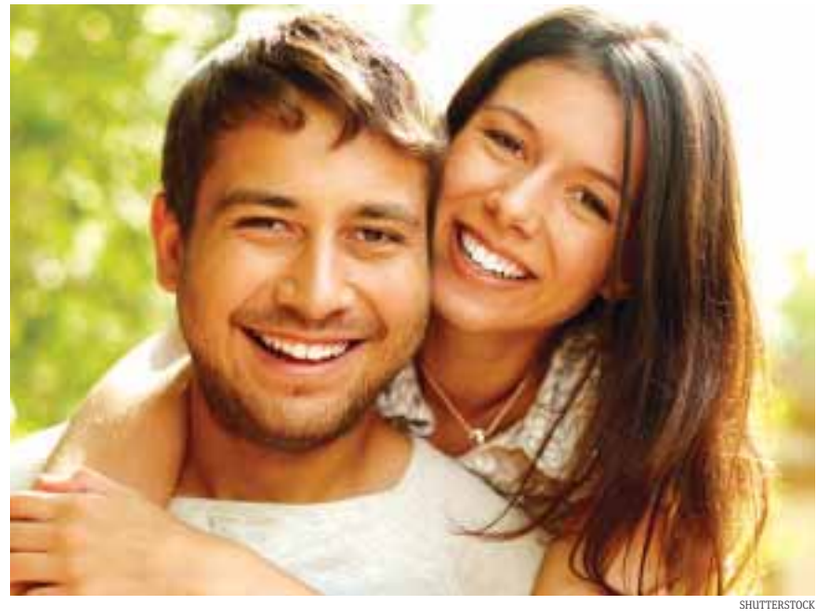
Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

– Pippa Wysong

BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada



SHUTTERSTOCK

#phine
How are you doing today?
fine ~ definition (adjective)
Saying you're fine and you are.
phine ~ definition (adjective)
Saying you're fine when you are not.
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A good start to combat PTSD is asking for help

Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont, which has one of the largest PTSD treatment programs in Canada. "With PTSD you overrespond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

– Pippa Wysong

SHUTTERSTOCK

Nets suppress Northern Uprising with Game 7 win

NBA playoffs. Raptors denied their second trip to the second round after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors' first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

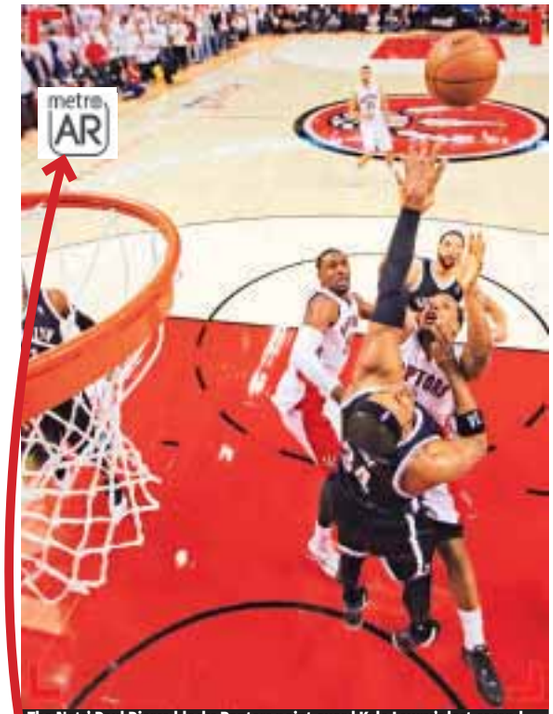
Amir Johnson had a playoff-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. THE CANADIAN PRESS

Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.



The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103, ending the Raptors' season. Scan the image with the Metro News app to see the game told in photos.
RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts

"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here." Raptors coach Dwane Casey

"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.

"I can sleep at night knowing he took that shot. I can live with that."

Raptors swingman DeMar DeRozan said Kyle Lowry was the right man to take the final shot for the team.

4 SPORTS

The Penguins' Matt Niskanen, right, and Derick Brassard of the Rangers collide in Pittsburgh, Sunday.
JAMIE SABAU/GETTY IMAGES

Pens blank Rangers to even series

Kris Letang broke a scoreless tie in the second period and Marc-Andre Fleury made 22 saves for his seventh playoff shutout to lift the Pittsburgh Penguins to a 3-0 victory over the New York Rangers on Sunday night, tying the second-round series one game apiece.

Letang's 15th career postseason goal matched Larry Murphy's record for Penguins defencemen. Jussi Jokinen scored during a third-period power play, and Evgeni Malkin added an empty-net goal for the Penguins, who managed a home split in the first two games with the suddenly weary Rangers.

Game 3 is Monday night in New York.

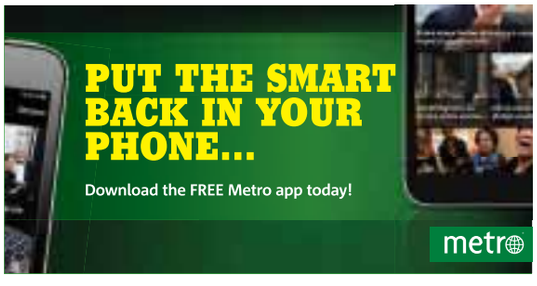
Henrik Lundqvist made 32 saves for New York, but the Rangers mustered little offence while playing their fourth game in six days. New York's limp power play went 0-for-4 and hasn't scored in 29 straight advantages.

The Rangers have lost eight straight Game 2s and have dropped 12 consecutive games when leading in a series.

They had their chances to jump ahead early, only to be let down again by the power play. THE ASSOCIATED PRESS

Bickell puts Wild in a pickle

Bryan Bickell had a goal and two assists, and the Chicago Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semifinals. Brandon Saad added to goals for Chicago.



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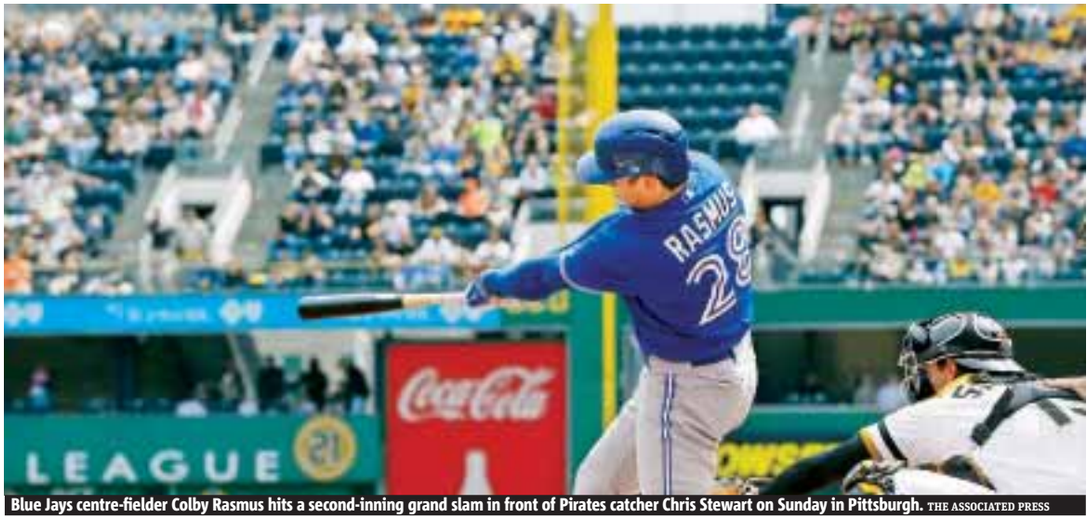

Blue Jays centre-fielder Colby Rasmus hits a second-inning grand slam in front of Pirates catcher Chris Stewart on Sunday in Pittsburgh. THE ASSOCIATED PRESS

McGowan helps Jays stop bleeding

MLB. After consecutive collapses, Toronto holds on to lead to avoid sweep in Pittsburgh

On Sunday

Blue Jays	Pirates
7	2

Toronto Blue Jays manager John Gibbons said he sat awake in his Pittsburgh hotel bed Saturday night, thinking about his bullpen's recent problems. He even addressed his group of relievers Sunday morning.

Dustin McGowan made those worries a non-factor, at least for a day.

McGowan pitched three-hit ball for seven innings, Colby Rasmus hit a grand slam and Melky Cabrera added a two-run homer as the Blue Jays beat the Pittsburgh Pirates 7-2.

"We had to have that one," Gibbons said.

McGowan (2-1) allowed one run, striking out five and throwing 101 pitches.

It was the second straight quality start for McGowan, a diabetic who started wearing an insulin pump on the mound in his last start.

"My blood sugar still gets erratic sometimes," he said. "But that's part of the game for me. With the adrenalin going and everything, it does what it wants to do. I can't control it sometimes."

McGowan eclipsed the 100-pitch mark for the first time since June 27, 2008.

"That's two outings wearing that pump," Gibbons said. "Maybe there's something to that."

The Jays held on to this lead after wasting a 5-3, ninth-inning edge in the opener and a 5-0, fourth-inning advantage on Saturday. THE ASSOCIATED PRESS

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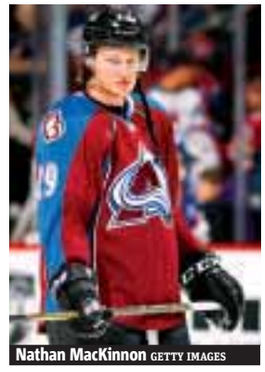
Elsewhere in baseball

- **A's 3, Red Sox 2.** Yoenis Cespedes drove in the go-ahead run on an infield single with the bases loaded in the 10th and the Oakland A's averted a three-game sweep with a win over the Boston Red Sox on Sunday.
- **Rangers 14, Angels 3.** Prince Fielder had a pair of RBI doubles to end a drought of 39 at-bats without an extra-base hit and Yu Darvish worked into the seventh to earn the win as the Texas Rangers trounced the Los Angeles Angels.
- **Tigers 9, Royals 4.** Justin Verlander took a no-hit bid into the sixth inning and won his fourth straight, leading Detroit over the Kansas City Royals.

Hockey. MacKinnon keeps following in Crosby's Team Canada footsteps


Nathan MacKinnon GETTY IMAGES

Like Sidney Crosby in 2006, Nathan MacKinnon will get a taste of Team Canada at the world championships at the age of 18.

MacKinnon, who shares Cole Harbour, N.S., as his hometown with Crosby, was one of three players added to Canada's worlds roster Sunday, along with Brayden Schenn and Matt Read of the Philadelphia Flyers.

The Colorado Avalanche rookie and 2013 No. 1 pick had two goals and eight assists in his first career Stanley Cup playoff series.

Crosby starred at his first world championships, putting up eight goals and eight assists in nine games in Latvia in 2006.

David Perron of the Edmonton Oilers pulled out of the tournament with a hip injury.

The IIHF world championship begins Friday in Belarus, as Canada opens against France. THE CANADIAN PRESS

NBA playoffs. Clippers fly in face of distractions

The Los Angeles Clippers initially were reeling after the racial comments by owner Donald Sterling that got him banned from the NBA for life.

The team unified and rallied to beat the Golden State Warriors in seven games, setting up a Western Conference semi-final against Kevin Durant and the Oklahoma City Thunder that starts Monday.

"For us, it's basketball," Clippers point guard Chris Paul said Saturday night after the Clippers' 126-121 win. "I think it just showed our will, our fight, and more so than getting through all that, it was getting through tonight."

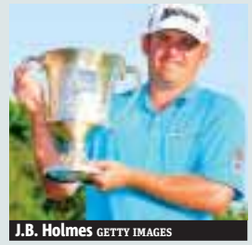
The Thunder fought through a different kind of challenge — a familiar foe with a difficult style. Oklahoma City survived a grind-it-out series against the Memphis Grizzlies and prevailed in seven games. THE ASSOCIATED PRESS

Success under duress

"Had we lost this game, it wasn't like they were going to let us go to the next round because of what we've been through."
Clippers point guard Chris Paul

Golf

Holmes gets first tour win since brain surgeries


J.B. Holmes GETTY IMAGES

More than two years after going through brain surgery, J.B. Holmes is a winner again on the PGA Tour.

Holmes made it harder than he needed to on the final hole at Quail Hollow until rapping in a three-foot bogey putt for a 1-under 71 and a one-shot victory over Jim Furyk in the Wells Fargo Championship.

Holmes was diagnosed in 2011 with structural defects in the cerebellum known as Chiara malformations, and he had surgery twice — once to remove a piece of his skull, and a second because of an allergic reaction to the adhesive on the titanium plate at the base of his skull. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

♉ Taurus
April 21 - May 21
Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

♊ Gemini
May 22 - June 21
Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

♋ Cancer
June 22 - July 23
You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

♌ Leo
July 24 - Aug. 23
You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

♍ Virgo
Aug. 24 - Sept. 23
A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

♎ Libra
Sept. 24 - Oct. 23
What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

♏ Scorpio
Oct. 24 - Nov. 22
If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

♐ Sagittarius
Nov. 23 - Dec. 21
It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

♑ Capricorn
Dec. 22 - Jan. 20
It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

♒ Aquarius
Jan. 21 - Feb. 19
What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

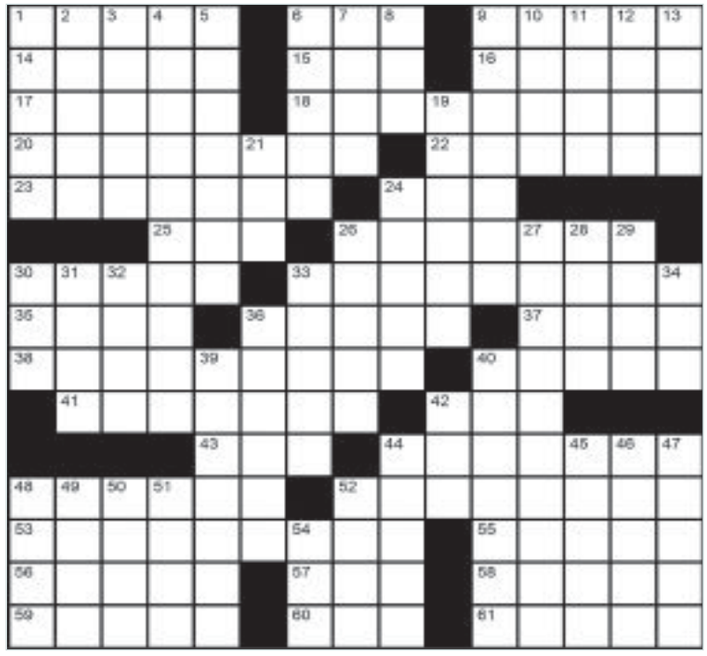
♓ Pisces
Feb. 20 - March 20
If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



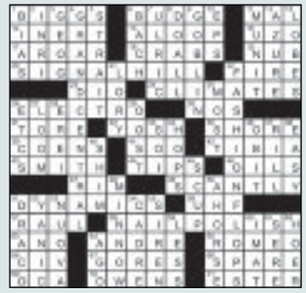
Across

1. Clever
6. Bootcamp officer, briefly
9. Bob of "Full House"
14. Windy City airport
15. Who: French
16. _*__ (Classic arcade game cube-hopper)
17. Choir outfits
18. Alan-and-family's Slice show, "__ Thicke"
20. England born/ Canada raised actor Scott
22. Festive decoration
23. Most brief
24. Distant
25. Label
26. Some times
30. Happen
33. They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
35. "...__ __ I wrong about THAT too??"
36. Robert Service works
37. Verifiable
38. Paul Anka song covered by Donny Osmond: 2 wds.
40. Skincare brand
41. Master bedroom extra
42. __ and Gus, "Cinderella" (1950) mice
43. These: French
44. Elegant court dances
48. 1987 Warren Beatty/Dustin Hoffman movie
52. Did in an unprepared manner: 2 wds.
53. "The Boys in the Bright White __ __" by Trooper
55. Prefix to 'foam'
56. Olympic legend Ms. Comaneci
57. Smash song
58. Complete
59. Ian or Sylvia
60. Shakespearean suffix
61. Arctic explorer, Robert E. __ (b.1856 - d.1920)

Down

1. Least best
2. Elton John's "Your Song" bit: "_ __ you don't mind..."
3. Southern Alberta town
4. Big Joe Mufferaw's work remnants: 2 wds.
5. "Alright, honey.": 2 wds.
6. Gym move
7. Style expert Tim
8. Ancient war god
9. Early band for Neil Young, The __
10. Impose _ __ (Outlaw something)
11. Dr. Scholl's products
12. Writer Mr. Stanley Gardner
13. Texter's "Bye for now."
19. Calgary footballers, to fans
21. Food additive
24. Evita song: "Don't Cry __ __ Argentina"
26. Irish writer Ms. Binchy
27. Web courtesy
28. Root vegetable
29. Smirch
30. Alley __ (Comic strip classic)
31. Motley __
32. __'_ Crunch (Cereal)
33. Jeers
34. View
36. Toolbox grippers
39. __ Peninsula
40. Smashes: 2 wds.
42. "Lost" character played by Daniel Dae Kim
44. Gleefulness
45. "Dancing with the Stars" alum Ms. Sliwinska
46. Making-one-sleepy thingy
47. Tale
48. "Say it __ so!"
49. __ or neuter
50. Brick carriers
51. Rush, for example
52. Lineup lag
54. "Evita" (1996) role

Friday's Crossword



Sudoku

How to play
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